



# Sharpen Our Skills

Forest Bathing  
May 10, 2024



Presented By Suzanne Gabli  
Building Blocks Preschool- Highland, MI  
Home of the Nature Walk

“To solve a problem, walk around.” St. Jerome

## Forest Bathing

Whether you call it a fitness trend, a mindfulness practice (or a bit of both), what exactly is forest bathing? The term emerged in Japan in the 1980s as a physiological and psychological exercise called *shinrin-yoku* (“forest bathing” or “taking in the forest atmosphere”). The purpose was twofold: to offer an eco-antidote to tech-boom burnout and to inspire residents to reconnect with and protect the country’s forests.

The Japanese quickly embraced this form of ecotherapy. In the 1990s, researchers began studying the physiological benefits of forest bathing, providing the science to support what we innately know: time spent immersed in nature is good for us. While Japan is credited with the term *shinrin-yoku*, the concept at the heart of the practice is not new. Many cultures have long recognized the importance of the natural world to human health.

Forest bathing is not just for the wilderness-lover; the practice can be as simple as walking in any natural environment and consciously connecting with what’s around you.

Here are five places you can visit close to home.

Kensington-Nature Center

Proud Lake- Foot Path Trail Head

Highland Recreation

Milford Trail

Bloomer Park



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